INGREDIENTS FOR A DYNAMITE DEMONSTRATION

Supplies

- 1 baggie filled with 28 sugar cubes
- 1 empty 20 ounce cola bottle
- 2 liter bottle filled with ¼ pound of sugar
- 3 different size plastic cups from fast food outlets (x-large, large, medium, small)

Handouts

- “Be Sugar Savvy” Presentation Guide
- Soda Label and Calculation
- Sugar Shockers!
- Show Me the Sugar!
- Frequently Asked Questions About Sugar
**STEP 1** WE ARE EATING TOO MUCH SUGAR

DISCUSSION:

1. What is obesity?
2. What causes diabetes? How can you get diabetes?
3. What causes cancer? How can you get cancer?
4. What causes heart disease? How can you get heart disease?
5. How can you prevent these (obesity, diabetes, cancer, heart disease) diseases from happening to you?

ACTIVITY:

Ask: “What drinks do you consume during a day?”
Ice Breaker: Sugar Shocker Mix and Match Game – answers provide in key
Ask: “What are some alternative drinks?”

TIME: 15 minute lesson

MATERIALS and RESOURCES

- Sugar Shocker Mix and Match Game Handout
- Sugar: 1 sugar cube = 1 tsp.
- Sandwich size baggies
- 1 empty 20 ounce cola bottle
<table>
<thead>
<tr>
<th>Food Item</th>
<th>Sugar Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Slice Soda - 12 oz</td>
<td>9 teaspoons of sugar</td>
</tr>
<tr>
<td>Welch’s Grape Juice - 11.5 oz can</td>
<td>8 teaspoons of sugar</td>
</tr>
<tr>
<td>Gatorade - 20 oz</td>
<td>13 teaspoons of sugar</td>
</tr>
<tr>
<td>Froot Loops Cereal - 1 serving</td>
<td>16 teaspoons of sugar</td>
</tr>
<tr>
<td>Starbucks Grande Mocha Frappacino 16 oz (no whipped cream)</td>
<td>15 teaspoons of sugar</td>
</tr>
<tr>
<td>Yoplait Yogurt – 6 oz (flavored 99% fat free)</td>
<td>10 teaspoons of sugar</td>
</tr>
<tr>
<td>Sunny Delight Drink – 16 oz</td>
<td>12 teaspoons of sugar</td>
</tr>
<tr>
<td>Rockstar Energy Drink</td>
<td>4 teaspoons of sugar</td>
</tr>
<tr>
<td>Snapple Lemonade Iced Tea – 16 oz</td>
<td>14 teaspoons of sugar</td>
</tr>
</tbody>
</table>

**Correct answers:**

- Orange Slice Soda………………………………………….……...13 teaspoons of sugar
- Welch’s Grape Juice……………………………………………..….10 teaspoons of sugar
- Gatorade…………………………………………………….………...9 teaspoons of sugar
- Froot Loops……………………………………………………… 4 teaspoons of sugar
- Starbucks Grande Mocha Frappacino…………….……………....12 teaspoons of sugar
- Yoplait Yogurt…………………………………………..………….…. 8 teaspoons of sugar
- Sunny Delight Drink …………………………………….……..……15 teaspoons of sugar
- Rockstar Energy Drink……………………………………..…….….16 teaspoons of sugar
- Snapple Lemonade Iced Tea…………………….…………..…….14 teaspoons of sugar
### Sugar Shocker Mix & Match Game

Marca con una línea las cantidades de azúcar que corresponda hacia las bebidas o comidas de la izquierda.

<table>
<thead>
<tr>
<th>Bebida/Comida</th>
<th>Cucharaditas de azúcar</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz. Orange Slice Soda</td>
<td>15</td>
</tr>
<tr>
<td>Welch’s Grape Juice (jugo de uva), 11.5 oz lata</td>
<td>4</td>
</tr>
<tr>
<td>20 oz. Gatorade</td>
<td>10</td>
</tr>
<tr>
<td>1 taza Froot Loops Cereal</td>
<td>8</td>
</tr>
<tr>
<td>Starbucks Grande Mocha Frappuccino</td>
<td>12</td>
</tr>
<tr>
<td>1 taza Yoplait Yogurt</td>
<td>9</td>
</tr>
<tr>
<td>6.75 oz. Sunny Delight Drink</td>
<td>13</td>
</tr>
<tr>
<td>Rockstar Energy Drink</td>
<td>16</td>
</tr>
<tr>
<td>16 oz. Snapple Lemonade Iced Tea</td>
<td>14</td>
</tr>
</tbody>
</table>

### Respuestas:

<table>
<thead>
<tr>
<th>Bebida/Comida</th>
<th>Cucharaditas de azúcar</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz. Orange Slice Soda</td>
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<td>Welch’s Grape Juice (jugo de uva), 11.5 oz lata</td>
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<td>Starbucks Grande Mocha Frappuccino</td>
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</tr>
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<td>1 taza Yoplait Yogurt</td>
<td>8</td>
</tr>
<tr>
<td>6.75 oz. Sunny Delight Drink</td>
<td>15</td>
</tr>
<tr>
<td>Rockstar Energy Drink</td>
<td>16</td>
</tr>
<tr>
<td>16 oz. Snapple Lemonade Iced Tea</td>
<td>14</td>
</tr>
</tbody>
</table>
STEP 1  WE ARE EATING TOO MUCH SUGAR

[Ask the Audience]  How much added sweeteners including sugar do you think the average American eats in a year?

[Answer]  Almost 100 pounds a year... which is almost a quarter pound of sugar and other calorie-rich sweeteners a day!

[Display]  ¼ lb of sugar in a 2 liter cola bottle

It’s no wonder that two out of three Americans are overweight or obese—the average person eats almost a quarter pound of added sugar and other calorie-rich sweeteners a day! A quarter pound is equal to 28 teaspoons (or about 28 cubes) of sugar. Here, let me show you.

[Display]  This is what a quarter pound of sugar looks like.

- Extra calories from all this sugar and other calorie-rich sweeteners can lead to weight gain, obesity, and can contribute to serious health problems such as heart disease, type 2 diabetes, and certain cancers.

STEP 2  RE-THINK YOUR DRINK

You’re probably wondering, “is it really possible that people eat this much sugar and extra sweeteners?” And “where is all this sugar coming from?”

We’re talking about the extra sugar and sweeteners that manufacturers add to food and drinks. Most of the added sugar in our diets comes from sodas and other sweetened beverages.

So let’s begin to think about what we drink. For example, take a look at how much sugar is in a 20-ounce cola, since this is a common size.

[Show Different Sizes of Common Fast Food Cups to Emphasize Increase in Serving Size]

We’ll start by reading the label.

- The label says there are about 17 teaspoons of sugar in this bottle. How do we know that by reading the label?

[Pass Out Label With Calculation]

- If we look at the label for the whole package, there are 65 grams of sugar in this bottle. Since most people don’t understand what grams are, let’s change the grams into teaspoons... How many teaspoons of sugar are in this cola bottle?

4 grams of sugar equals one teaspoon.
If you divide 65 grams by 4, you get about 17 teaspoons.
Calculating Sugar Drinks

How many teaspoons of sugar are in a 20 ounce cola?

Note: If the container has more than one serving, multiply the number of grams of sugar by the number of servings to get the total grams of sugar in the container. For example, 27 grams sugar x 2.5 total servings = 65 grams of sugar in the entire bottle.

There are 16.25 teaspoons of sugar in a 20 ounce cola.

Calculation:

\[
\text{Grams of sugar} \div 4 = \text{teaspoons of sugar}
\]

\[
65 \text{ grams of sugar} \div 4 = 16.25 \text{ teaspoons of sugar}
\]

STEP 2   RE-THINK YOUR DRINK

How Much Sugar is in That Bottle?

- Let’s see what 17 teaspoons of sugar looks like.

[Ask For a Volunteer to Count Out 17 Sugar Cubes From the Baggie.]

- Please count out 17 teaspoons/cubes of sugar and put them in this 20 ounce cola bottle. I’ll help you count.

[Count: 1-2-3-4-5... Keep Going! ... You’re Halfway There...]

O.K. Take a look at this bottle. This is the amount of sugar in just one cola drink.

Let me ask you a question... would you put this much sugar in your coffee?

Here’s something else that might surprise you: adding just one 20-ounce cola a day to your normal diet for a year, could result in gaining 25 extra pounds! — all because of the empty calories from added sugar.

[Ask the Audience]

How long do you think you would have to walk briskly to burn off the 240 excess calories from one 20-ounce cola?

[Answer]

To burn off the calories from a 20-ounce cola, you would have to walk at moderate speed for about an hour!

So...Now...Don’t You Want to Re-Think Your Drink?
I know some of you are thinking: “I’m safe. I don’t drink soda every day.” That’s great! But soda is not the only place we find an abundance of sugar in our diets. Eating large amounts of sugar has become way too easy. Most processed or packaged foods contain some added sugar or sweetener, and many contain a shocking amount.

**Sugar Shockers**

Remember how we said the average person eats a quarter pound of added sugar each day? Well look how easy it is to get to that amount: Let’s start at the beginning of the day with a large cinnamon roll. If you look at the Sugar Shockers list, you’ll see the Cinnabon Cinnamon Roll has 14 teaspoons of sugar.

**[Pass Out Sugar Shockers List (Popular Food Items Ranked by Amount of Sugar) and Briefly Explain the Content]**

At lunch, we’ll have a regular cola (17 teaspoons). Let’s tally up where we are so far. With the cinnamon roll at breakfast (14 teaspoons) and the soda at lunch (17 teaspoons), we’ve already had 31 teaspoons of added sugar. By midday, you’ve already passed the quarter pound of daily added sugar and sweeteners. However you still have your snack, dinner and dessert to go!
### Sugar Shockers!
Popular Food Items Ranked by Amount of Sugar

<table>
<thead>
<tr>
<th>Food</th>
<th>Typical Serving</th>
<th>Calories</th>
<th>Sugar (g)</th>
<th>Sugar (tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>McDonald’s Triple Thick Choc Shake (medium)</td>
<td>16 oz</td>
<td>580</td>
<td>84</td>
<td>21</td>
</tr>
<tr>
<td>Cola (regular)</td>
<td>20 oz</td>
<td>240</td>
<td>68</td>
<td>17</td>
</tr>
<tr>
<td>Rockstar Energy Drink</td>
<td>16 oz</td>
<td>280</td>
<td>62</td>
<td>16</td>
</tr>
<tr>
<td>Sunny Delight</td>
<td>16 oz</td>
<td>260</td>
<td>60</td>
<td>15</td>
</tr>
<tr>
<td>Wendy’s Vanilla Frosty (medium)</td>
<td>16 oz</td>
<td>410</td>
<td>57</td>
<td>14</td>
</tr>
<tr>
<td>Cinnabon Cinnamon Roll</td>
<td>1 roll</td>
<td>813</td>
<td>55</td>
<td>14</td>
</tr>
<tr>
<td>Jarritos Mandarin Drink</td>
<td>16 oz</td>
<td>240</td>
<td>54</td>
<td>14</td>
</tr>
<tr>
<td>Snapple Lemonade Iced Tea</td>
<td>16 oz</td>
<td>220</td>
<td>54</td>
<td>14</td>
</tr>
<tr>
<td>McDonald’s Deluxe Breakfast (w/ regular sized biscuit)</td>
<td>1 meal</td>
<td>1320</td>
<td>49</td>
<td>12</td>
</tr>
<tr>
<td>Starbucks Grande Mocha Frappuccino (no whipped cream)</td>
<td>16 oz</td>
<td>290</td>
<td>48</td>
<td>12</td>
</tr>
<tr>
<td>Dryer’s Grand Rainbow Sherbet</td>
<td>1 cup</td>
<td>260</td>
<td>46</td>
<td>12</td>
</tr>
<tr>
<td>Tropical Skittles (regular sized bag)</td>
<td>2.17 oz</td>
<td>240</td>
<td>45</td>
<td>11</td>
</tr>
<tr>
<td>Capri Sun Fruit Drink (big pouch)</td>
<td>11.25 oz</td>
<td>152</td>
<td>38</td>
<td>10</td>
</tr>
<tr>
<td>Original Gatorade</td>
<td>20 oz</td>
<td>140</td>
<td>35</td>
<td>9</td>
</tr>
<tr>
<td>Vitamin Water</td>
<td>20 oz</td>
<td>125</td>
<td>32</td>
<td>8</td>
</tr>
<tr>
<td>Original Kool-Aid (1 scoop dry mix and 16 oz water)</td>
<td>16 oz</td>
<td>120</td>
<td>32</td>
<td>8</td>
</tr>
<tr>
<td>Plain M&amp;Ms (regular sized bag)</td>
<td>1.69 oz</td>
<td>240</td>
<td>31</td>
<td>8</td>
</tr>
<tr>
<td>Yoplait Yogurt (flavored, 99% fat free)</td>
<td>6 oz</td>
<td>180</td>
<td>31</td>
<td>8</td>
</tr>
<tr>
<td>Snickers (regular bar)</td>
<td>2 oz</td>
<td>280</td>
<td>30</td>
<td>8</td>
</tr>
<tr>
<td>Otis Spunkmeyer Wild Blueberry Muffin</td>
<td>1 muffin</td>
<td>420</td>
<td>30</td>
<td>8</td>
</tr>
<tr>
<td>Bubble/Boba Tea</td>
<td>16 oz</td>
<td>265</td>
<td>29</td>
<td>7</td>
</tr>
<tr>
<td>Red Bull Energy Drink</td>
<td>8 oz</td>
<td>110</td>
<td>27</td>
<td>7</td>
</tr>
<tr>
<td>French Toast Sticks (frozen)</td>
<td>5 pieces</td>
<td>513</td>
<td>26</td>
<td>7</td>
</tr>
<tr>
<td>Cap’n Crunch Cereal</td>
<td>1.5 cups</td>
<td>220</td>
<td>24</td>
<td>6</td>
</tr>
<tr>
<td>Pancake Syrup</td>
<td>2 tbsp</td>
<td>98</td>
<td>24</td>
<td>6</td>
</tr>
<tr>
<td>Gummi Bears</td>
<td>14 bears</td>
<td>140</td>
<td>22</td>
<td>6</td>
</tr>
<tr>
<td>Burger King Honey Flavored Dipping Sauce</td>
<td>1 oz</td>
<td>90</td>
<td>22</td>
<td>6</td>
</tr>
<tr>
<td>Mrs. Field’s Chocolate Chip Cookie</td>
<td>1 cookie</td>
<td>210</td>
<td>18</td>
<td>5</td>
</tr>
<tr>
<td>Oreos</td>
<td>3 cookies</td>
<td>160</td>
<td>14</td>
<td>4</td>
</tr>
<tr>
<td>Nutrigrain Mixed Berry Cereal Bar</td>
<td>1 bar</td>
<td>140</td>
<td>13</td>
<td>3</td>
</tr>
<tr>
<td>Kellog’s Fruit Flavored Snacks</td>
<td>1 pouch (25 g)</td>
<td>80</td>
<td>13</td>
<td>3</td>
</tr>
<tr>
<td>Swanson Hungry Man Salisbury Steak Dinner</td>
<td>1 meal</td>
<td>782</td>
<td>12</td>
<td>3</td>
</tr>
<tr>
<td>GoGurt</td>
<td>2.3 oz</td>
<td>80</td>
<td>11</td>
<td>3</td>
</tr>
<tr>
<td>Burger King Whopper Sandwich</td>
<td>1 sandwich</td>
<td>670</td>
<td>11</td>
<td>3</td>
</tr>
<tr>
<td>SpaghettiOs</td>
<td>1 can</td>
<td>332</td>
<td>10</td>
<td>3</td>
</tr>
<tr>
<td>Newman’s Own Low-fat Sesame Ginger Dressing (packet)</td>
<td>1.5 fl oz</td>
<td>90</td>
<td>10</td>
<td>3</td>
</tr>
<tr>
<td>Kraft BBQ Sauce</td>
<td>2 tbsp</td>
<td>39</td>
<td>8</td>
<td>2</td>
</tr>
<tr>
<td>Lay’s BBQ Chips</td>
<td>3 oz bag</td>
<td>525</td>
<td>6</td>
<td>2</td>
</tr>
<tr>
<td>Soy Vay Teriyaki Sauce</td>
<td>1 tbsp</td>
<td>30</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>Graham Crackers</td>
<td>2 squares</td>
<td>59</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>Del Monte Ketchup</td>
<td>1 tbsp</td>
<td>15</td>
<td>4</td>
<td>1</td>
</tr>
</tbody>
</table>

Originally developed and piloted by the Alameda County Public Health Department • Nutrition Services
STEP 3  SHOW ME THE SUGAR!

Now it’s the afternoon and we’re ready for a little break. Looking at your Sugar Shockers list, see if you can pick out two or three items from this list that you or family members might eat for a snack during a typical day.

(Remember, We Are Already at 31).

[Ask the Audience] What did you pick?

(continued on Page 15)

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STEP 3  SHOW ME THE SUGAR!

Here’s what I’ve chosen:

For my snack, I chose a package of Skittles, that has 11 teaspoons of sugar and a Rockstar Energy Drink that has 16 teaspoons of sugar.

[Count Out 11 Sugar Cubes From Bag; Add to Pile On the Table; Then Count Out 16 Cubes. Bag Will Be Empty!]

So far with the cinnamon roll, a 20-ounce cola, a bag of Skittles and an energy drink, we’ve already had 58 teaspoons—more than a half pound of sugar! That is more than twice the amount of added sugar and sweeteners the average American consumes each day!

And if you thought it was unimaginable that we could be eating over a quarter pound of sugar a day—you see how quickly we got there and went over that amount. And we haven’t eaten anything that has nutritional value... plus we haven’t had dinner or dessert!

<table>
<thead>
<tr>
<th>Food/Beverage Item</th>
<th>Container Size</th>
<th>Sugar Grams</th>
<th>Sugar Teaspoons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cinnabon Cinnamon Roll</td>
<td>1 roll</td>
<td>55</td>
<td>14</td>
</tr>
<tr>
<td>Regular Cola</td>
<td>20 oz bottle</td>
<td>65</td>
<td>17</td>
</tr>
<tr>
<td>Tropical Skittles</td>
<td>2.17 oz bag</td>
<td>45</td>
<td>11</td>
</tr>
<tr>
<td>Rockstar Energy Drink</td>
<td>16 oz can</td>
<td>62</td>
<td>16</td>
</tr>
<tr>
<td><strong>TOTAL Teaspoons</strong></td>
<td></td>
<td></td>
<td><strong>58</strong></td>
</tr>
</tbody>
</table>
STEP 4  BE SUGAR SAVVY

To have a healthy diet, what can we do instead? First, we need to know how to find the added sugar in foods and beverages so we can limit it.

[Pass Out Be Sugar Savvy Handout]

Be Sugar Savvy

Take a look at the product shown on this handout—it’s a box of cereal bars. The box tells you that they are heart healthy, they lower both blood pressure and cholesterol, and the product is named “Smart Start.” But the Nutrition Facts label tells us that one small bar has 13 grams of sugar, which is more than 3 teaspoons.

It’s important to know where to find the hidden sugars in any product. Take a look at your handout for a list of common names for sugar-in-disguise. Can someone in the audience read the list of common names for sugar?

Now that we’ve heard all these different names, let’s look at the Smart Start Healthy Heart Bars Ingredients List to find all the sugar. The words highlighted in red are all names for sugar in this one product. Let’s say them aloud together. ...

[Ask the Audience]  How many different forms of sugar are in this one product?

[Answer]  12

Be Sugar Savvy

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size</td>
</tr>
<tr>
<td>Servings Per Container</td>
</tr>
<tr>
<td>Amt Per Serving</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Trans Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Sugars</td>
</tr>
<tr>
<td>Protein</td>
</tr>
</tbody>
</table>

INGREDIENTS: Oat bran, rice, corn syrup, sugar, fructose, whole grain rolled oats, dextrose, oat and fruit clusters (toasted oats, sugar, soybean oil, honey, molasses), sugar, rolled oats, strawberry flavored apples, corn syrup, brown sugar, natural and artificial flavors, high fructose corn syrup, vegetable oil, contains 2% or less of potassium chloride, brown sugar, sorbitol, glycerin, malt flavoring, natural and artificial flavor, salt, soy, lecithin, niacinamide, non-fat dry milk, whole wheat flour, BHT, vitamin A, B6, rivin, thiamin mononitrate, folic acid, vitamin B12.

SUGAR HAS MANY DISGUISES:

Sugar comes in many forms. Here are some common words for sugar in the Ingredients List:

- Barley malt
- Brown sugar
- Cane juice
- Corn syrup
- Dextrose
- Fructose
- Glucose
- Sucrose
- High fructose corn syrup
- Honey
- Maltodextrin
- Maple syrup
- Molasses
- Powdered sugar
- Raw Sugar

To find out how much sugar is in a package of food, first check the “Nutrition Facts” panel on the package.

Look for the word “Sugars” to see how much sugar is in the food per serving. To find the hidden forms of sugar, check the “Ingredients.”

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Fun Facts:

- 55-75% of our body is made up of water
- Drinking fluids provides us with water to maintain our blood, muscles, body fat, and even our bones!
- The average adult needs 9-13 cups of fluids every day.
- 20% of the fluid we consume comes from food.
- To stay hydrated it is important to drink extra water on warm days and before, during, and after exercise.

A Low-Sugar Lifestyle

So how can we lead a healthier, low sugar lifestyle? Here are three tips:

- Limit added sugar as much as possible. It is best to eat fresh, whole foods, especially fresh fruits and vegetables, and stay away from processed and packaged foods.
- Drink water instead of sugary drinks. Water is best and has absolutely no sugar. Try replacing at least one sugary drink with water every day. You can add a slice of orange, lemon, or cucumber for zero calories and lots of flavor.
- Get regular physical activity every day—30 to 60 minutes is optimal.

Other healthy drink options are non-fat or low-fat milk and 100% fruit juice in limited amounts—not more than half a cup per day. *Once in a while* diet soda is OK; it doesn’t contain the added sugar, but is still not a healthy drink alternative.

**Remember: One Small Change Will Make a Big Difference.** Do you drink one 20-ounce cola a day? By just cutting out that daily cola and not changing your daily diet and exercise habits, you could lose up to **25 pounds in a year!**

Added sugar and sweeteners are everywhere So... **Be Sugar Savvy!** Know how to find it; know how to limit it; and know how to replace it with healthy options.
OTHER RESOURCES AND IDEAS

The following pages are additional resources to support your “Be Sugar Savvy” lessons. For additional resources and tools, please go online to:
http://www.northcoastnutrition.org/RethinkYourDrinkCampaign-i-137-109.html

1. STOP, THINK, DRINK
2. The 5 C’s of Sugary Drinks
3. How Much Added Sugar are You Drinking?
4. Children’s Power Play! Activities (4): The Children’s Power Play! Campaign is a program that offers a set of research-based lessons designed for children aged 9 to 11 years old. Each lesson teaches, reinforces and encourages students to practice healthy lifestyles including eating more fruits and vegetables and being physically active. The four Power Play! lessons attached in the “Be Sugar Savvy” activities can be used as support tools to teach the new food pyramid, nutrition facts label, reading skills, making healthy choices and the power of product advertising.

Next time you choose your drink, STOP and “Re-think”…am I making the best drink choice?

Three things to consider when choosing a drink:
1. To quench your thirst—choose a hydrating drink like water
2. To build strong teeth—choose a low sugar calcium packed drink like milk or fluoridated water
3. To fuel your body—choose a drink with vitamins and minerals like milk or 100% juice

ENJOY your good drink decision!
The 5 C’s of Sugary Drinks

**CALORIES**
Drinks with added sugar tend to be higher in calories and therefore may cause weight gain.

**CALCIUM-LOSS**
An increase in high sugar intake often leads to a decrease in milk intake, which can make bones weak. Calcium is what makes your teeth and bones strong.

**CONTENT**
Soda, sports drinks and fruit drinks contain mostly sugar. Sugar fills you up but leaves no room for healthy food with vitamins and nutrients that make your body grow.

**CAFFEINE**
Some soft drinks contain caffeine. Caffeine intake can cause a person to be nervous, cranky or have problems sleeping.

**CAVITIES**
Sugary drinks mixed with bacteria in the mouth produce acid. Each sip of sugary or acidic drink exposes teeth to 20 minutes of danger. Brush, floss or rinse your mouth with water after drinking a sugary drink to help prevent cavities. Even diet soft drinks contain acid and can cause damage to teeth.

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How Much Added Sugar are YOU Drinking?

One serving size equals 6-8 oz (1 teaspoon = 4 grams)

**SUGAR CONSUMPTION TIPS:**
- Read the food label to determine the amount of sugar in your drink
- Set sugar goals to reduce sugar intake
- Drink more water to quench your thirst—at least eight, 8 ounce glasses per day

<table>
<thead>
<tr>
<th>Water (0 tsp)</th>
<th>8 oz Unsweetened Tea (0 tsp)</th>
<th>8 oz Whole Milk (3 tsp)</th>
<th>20 oz Flavored Milk (8 tsp)</th>
<th>20 oz Sports Drink (12 tsp)</th>
<th>16 oz Sweetened Tea (13 tsp)</th>
<th>20 oz Lemonade (14 tsp)</th>
<th>20 oz Fruit Drink (14 tsp)</th>
<th>20 oz Chocolate Milkshake (14 tsp)</th>
<th>20 oz Cola (17 tsp)</th>
<th>20 oz Energy Drink (17 tsp)</th>
<th>20 oz Orange Juice (18 tsp)</th>
<th>20 oz Slush Drink (20 tsp)</th>
<th>20 oz Cranberry Juice Cocktail (20 tsp)</th>
<th>16 oz Orange Drink (21 tsp)</th>
</tr>
</thead>
</table>

Information collected from the Calgary Health Region, BANPAC and USDA
**Activity 1  How Much do I need?**

Use the Schools Ideas and Resource Kit for 4th & 5th Grade—Activity 3 and the Community Youth Organization Ideas and Resource Kit— Activity 2. The children will review the amount of fruits, vegetables and sugar they consume each day in relationship to the level of daily physical activity.

**Learning Objective:**
After completing this activity, students will be able to:
- State the recommended cups of fruits and vegetables they should be eating and the recommended minutes of physical activity they should engage in every day
- Recognize how different quantities of fruits and vegetables add up to the recommended daily amounts
- Determine the number of cups of fruits and vegetables and minutes of physical activity by solving math problems

**Other Resources:**
*Network for a Healthy California, “How Many Cups of Fruits and Vegetables Do I Need?” Slide Guide*

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**Activity 2  What’s on a Label?**

Children will learn how to read the nutrition label facts. Use the Schools Ideas and Resource Kit for 4th & 5th Grade—Activity 8. The children will compare their favorite beverage and develop an understanding of how much sugar is in each of their favorite drinks and learn how to make healthier choices. Use the Community Youth Organization Ideas and Resource Kit—Activity 6 “Fruit and Vegetable Name Game” to identify a variety of different fruits and vegetables and discuss their characteristics. Included in this discussion is the amount of sugar in their favorite beverage.

**Learning Objective:**
After completing this activity, students will be able to:
- Identify the key components of food Nutrition Facts labels
- Compare and contrast Nutrition Facts of different foods
- Identify the healthiest food choice among several alternatives
- Solve math problems about nutrient values

**Other Resources:**
*U.S. Food and Drug Administration: http://www.cfsan.fda.gov/~dms/foodlab.html*
**Activity 3  Power Choices and Making Better Choices**

Children will take a look at their current eating habits, especially their breakfast, snack and beverage intake. Use the Schools Ideas and Resource Kit for 4th & 5th Grade—Activity 4 to define healthy choices and help the children to determine better choices. Use the Community Youth Organization Activity Kit—Activity 7 “Rainbow Mysteries”. Have a discussion to identify the children’s favorite fruits, vegetables and favorite beverage choices helping them to make better choices.

**Learning Objective:**
After completing this activity, students will be able to:
- Identify their breakfast and snack eating habits along with their television viewing habits
- Name at least 5 ways to include fruits and vegetables to create a healthy and appealing breakfast
- Name at least 5 enjoyable ways to increase their levels of physical activity
- Communicate clearly the factors that influence their nutrition and television viewing habits

**Other Resources:**

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**Activity 4  Advertising Power and the Power of Advertising**

Children will learn how to identify how products are advertised and the power of marketing using the Schools Ideas and Resource Kit for 4th & 5th Grade—Activity 7. Use the Community Youth Organization Ideas and Resource Kit—Activity 14 to create their own advertisement and learn how the media advertises their favorite drinks.

**Learning Objective:**
After completing this activity, students will be able to:
- Name at least 3 techniques used in advertising
- Name at least 3 “pros” to eating more fruits and vegetables and being physically active for at least 60 minutes every day
- Name at least 3 “cons” to not eating more fruits and vegetables and being physically active for at least 60 minutes every day

(continued on page 27)

**Other Resources:**
Activity 4  Advertising Power and the Power of Advertising

Be Active:

Products that claim to lower blood pressure and cholesterol may or may not work, but regular physical activity has been proven to prevent and control these conditions.

Just 30 minutes a day is enough to make your heart more efficient at pumping blood, and when your heart is better at pumping blood your blood pressure will decrease.

Moderate to vigorous physical activity also lowers LDL (bad) cholesterol, and raises HDL (good) cholesterol. If 30 minutes at a time is too much, you can break it up and do 10 minutes at a time throughout your day.

Resources:

To find out more about the Re-Thinking Your Drink campaign sponsored by the Northcoast Nutrition and Fitness Collaborative, please contact:

**Network for a Healthy California—Northcoast Region**
1101 College Avenue Suite 215, Santa Rosa, California 95404
Tel: (707) 543-5810 - Fax: (707) 543-5813

**Children’s Power Play! Campaign—Northcoast Region**
Deb Harris at dharris@scfymca.org, (707) 543-5810 x 204

Websites:

**Network for a Healthy California—Northcoast Region**
www.northcoastnutrition.org

**Children’s Power Play! Campaign**
www.cdph.ca.gov/programs/cpns/Pages/PowerPlayResources.aspx

**Champions for Change**
www.cachampionsforchange.net

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